

# Worksite Health Promotion

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S.C. Department of Health and Environmental Control  
Heart Disease and Stroke Prevention Division

## Protecting Your Workforce From H1N1 (Swine Flu)

As businesses and employers prepare for the upcoming influenza season, the Centers for Disease Control and Prevention (CDC) has provided new information on how employers need to prepare to decrease the spread of seasonal flu and the Novel H1N1 flu in the workplace. The new guidelines pertain to employers of all sizes to use as they develop; review and update plans to respond to 2009 H1N1 flu now and during the upcoming fall and winter flu season. Exactly, what can employers do? Listed below is guidance workplaces can follow:

### Be Informed

- Talk with your local public health officials and health care providers, who can supply information about the signs and symptoms and recommend prevention and control actions.
- Know the symptoms of novel H1N1 flu virus: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people have reported vomiting and diarrhea.
- Communicate directly with your employees about H1N1, this will decrease anxiety, keep stress levels low, and keep your employees aware.

### Develop A Plan

- Employers should begin now to adopt plans that can protect their employees, reduce absenteeism, and ensure greater availability of workforce during this flu season.
- Anticipate how to function with a portion of your workforce absent due to illness or caring for ill family members. Cross-train personnel from other areas to perform critical functions
- Consider alternate work schedules, work from home strategies or staggered work shifts.

### Stay Healthy

- Practice good health habits, including eating a balanced diet, exercising daily, and getting sufficient rest. In addition, take common-sense steps to prevent the flu.
- Wash hands frequently or use an alcohol-based gel sanitizer,
- Cover coughs and sneezes with tissue or the hook of your arm,
- Avoid touching your eyes, nose or mouth, this spreads the virus easily;

### Wellness Watch:

The U.S. Food and Drug Administration (FDA) has approved the use of one dose of the 2009 H1N1 flu vaccine for persons 10 years of age and older. Research shows one dose of the new swine flu vaccine looks strong enough to protect adults - and can begin protection within 10 days of the shot

### Health Observances:

#### September

National Cholesterol Education Month

National Heart, Lung, and Blood Institute <http://hp2010.nhlbi.nih.net/cholemonth/>

Ovarian Cancer Awareness Month

National Ovarian Cancer Coalition  
<http://www.ovariancancerawareness.org/home.aspx>

Prostate Cancer Awareness Month

National Prostate Cancer Coalition  
<http://www.zerocancer.org/index.html>

#### October

Healthy Lung Month

American Lung Association  
<http://www.lungusa.org/>

National Breast Cancer Awareness Month

National Breast awareness Month Board of Sponsors [http:// www.nbcam.org](http://www.nbcam.org)

#### November

American Diabetes Month

American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org)

Lung Cancer Awareness Month

Lung Cancer Alliance  
[www.lungcanceralliance.org](http://www.lungcanceralliance.org)



South Carolina Department of Health  
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**Heart & Stroke  
Disease & Prevention**  
Strengthening the Chain of Survival

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- Get a flu shot (This year you will need a shot for both the regular, seasonal flu and H1N1). Seasonal flu shots are available now, and vaccines for H1N1 will be available in the coming weeks. Talk to your healthcare provider to determine when is the best time for you to get an H1N1 vaccination.

## Protect your workplace

- Ask sick employees to stay home. CDC recommends that you stay home from work and limit contact with others to keep from infecting them.
- Send sick employees home. Expect sick employees to be out for three to five days

- Ensure that your sick leave policies are flexible and consistent with public health guidance and employees are well aware of these policies.
- Routinely clean commonly used surfaces. (doorknobs, phones, light switch and workstations)
- Provide alcohol based hand sanitizers and tissue in break areas, rest rooms, lobbies or other communal areas.

Employers should be aware that the severity of 2009 H1N1 influenza could change rapidly; therefore, local public health recommendations to communities and businesses could be revised quickly. Check <http://www.scdhec.gov/flu> for updated information.

- Additional tools and guidance documents have been developed by the federal and state government to assist employers in their planning. These resources are available online here.
- SC DHEC Guidance for Businesses on Influenza A H1N1 <http://www.scdhec.gov/flu/A-H1N1-business-guidance.htm>
- CDC Guidance for Businesses and Employers To Plan and Respond to the 2009–2010 Influenza Season <http://www.cdc.gov/h1n1flu/business/guidance/>

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## SC Healthy Worksite Initiatives

The goal of the South Carolina's Worksite Initiative is to reduce the burden of chronic diseases in workplaces by providing resources to initiate wellness programs, improve employee health promotion, and advocate for policies that support environmental and policy change in S.C. work-sites. More information on this initiative and the SC DHEC Bureau of Community Health and Chronic Disease Prevention is available on the following webpage <http://www.scdhec.gov/health/chcdp/cvh/worksite.htm>

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## Resource Corner

### American Heart Association Start!

Promotes healthier lifestyles with options to help get your workers up and moving by encouraging employers to set up walking routes that can motivate employees to walk around the office. It's easy, free, and celebrates the many health benefits of simply walking! <http://www.startwalkingnow.org/>

### CDC Healthy Worksite Initiative (HWI)

The CDC Healthy Worksite initiative is designed for workforce health promotion program planners in state and federal government. Planners at no-government workplaces may also find this Web site useful in generating ideas for workforce health promotion in your organization. Here you will find information, resources and step-by-step toolkits to help you im-

prove the health of your employees.

<http://www.cdc.gov/hwi>

### CDC Leanworks!

The CDC *LeanWorks!* initiative is a FREE web-based resource that offers interactive tools and evidence-based resources to design effective worksite obesity prevention and control programs, including an obesity cost calculator to estimate how much obesity is costing your company and how much savings your company could reap with different workplace interventions. <http://www.cdc.gov/leanworks/index.htm>

### Eat Smart Move More SC (ESMM SC)

The ESMM SC coordinates obesity efforts across the state of South Carolina through a collaboration between state

agencies, business and industry, health care organizations, schools community-based groups and coalitions to capitalize and leverage differing areas of skill and resources to impact obesity in South Carolina.

[www.eatsmartmovemore.org](http://www.eatsmartmovemore.org)

### Wellness Council of America (WELCOA)

The Wellness Council of America is dedicated to helping organizations of all sizes and () build and sustain results oriented wellness programs. With a membership in excess of 3,200 organizations, WELCOA is dedicated to improving the health and wellbeing of all working Americans. Free resources and training available. <http://welcoa.org>